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Frank Liuzzi
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KRAVITZ CAN'T STOP CREATING

ARTIST SAYS HE WAS BUSY SHOOTING THE HUNGER GAMES WHEN HIS LATEST ALBUM, STRUT, FORCED ITS WAY OUT OF HIM IN THE NIGHT PAGE 14

Meet the other Fords: Karla, Krista, Kayla, Kara and Kyla

Doug Ford's wife and four daughters are thankfully no strangers to attention PAGE 4

Dysfunction doesn't keep TFC from a crucial win

Jackson receives red card and may face more after slapping opponent PAGE 19

So let's get this straight: Fewer cops, less crime?

Toronto fights crime while bucking Canadian trend of soaring costs: Study PAGE 3

T.O. joins global climate march

Patience at its end.
Thousands take to the streets of Toronto while others opt to join huge march in New York

More than 3,000 people converged on Nathan Phillips Square on Sunday afternoon for a "march of solidarity" against what they call the government's indifference to environmental matters.

"The public wants them to address climate change now, at all levels of government," said Marilyn Eriksen, a retired health professional who took part in the march.

The event was part of the People's Climate March, a movement that saw thousands turn out in cities around the globe. The timing is meant to coincide with a United Nations climate summit taking place in New York on Tuesday.

The protesters in Toronto bore signs and chanted, "No more dirty oil!" and "Green energy is the way to go!" They marched south to Queen and west to University before looping back to the square.

Eriksen said examples of government indifference include the introduction of Bill C-38, which amends numerous environmental laws, and the work on Line 9, a pipeline running through Toronto.

"The National Energy Board is a puppet to Stephen Harper's oil people," she said.

In New York, a contingent of Canadians — some bearing anti-oilsands placards — were among the lively crowd of thousands who marched through the city.

There were scores from one Toronto environmental group alone, who arrived on buses after a 12-hour trip.

Also in attendance was Sierra Club Canada program director John Bennett, who said it was long past time for Harper to take concrete steps to reduce the country's greenhouse-gas emissions.

"Even though he's in control in Canada, he's never respected the demand for action on climate change that the population has made."

"We want to bring a message to the United Nations and to Mr. Harper that we want to see some real action to reduce our emissions, and that means stop betting on fossil fuels and doing things to reduce our emissions and to help the rest of the world do the same," Bennett said.

Harper will not be among the 120 leaders attending the UN summit, a meeting aimed at galvanizing political will for a new global climate treaty by the end of 2015.

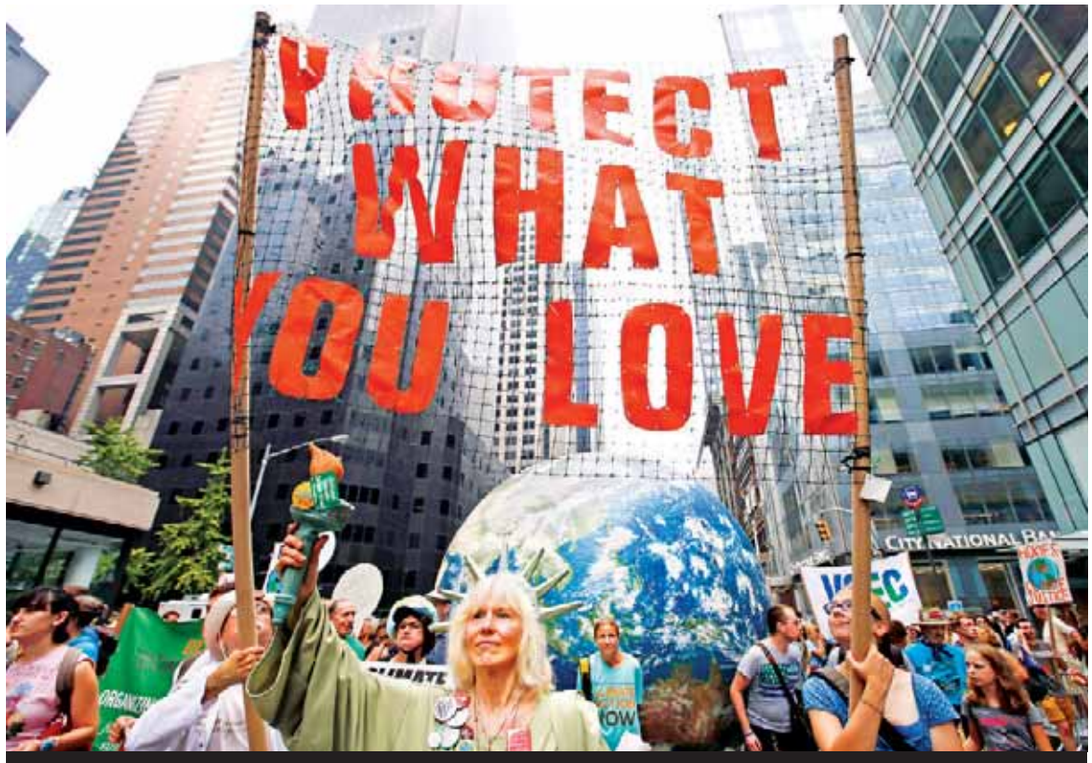
His office says Environment Minister Leona Aglukkaq will represent Canada at the summit, and that Harper will discuss climate issues at a related dinner with United Nations Secretary-General Ban Ki-moon, who was among the dignitaries and celebrities walking in the march. Harper will be in New York this week to address the UN General Assembly.

Protest group Toronto 350 said it bused about 275 people down for the march, while Quebec environmental group Equiterre also organized trips.

"I think so many Canadians are here because we're so fed up with the way things are going in Canada," said graduate student Aaron Saad, part of the Toronto group.

"We are the source of the tarsands, which has just been such a destructive project for the climate and for local environment and indigenous people," he said.

TORSTAR NEWS SERVICE



Demonstrators make their way down Sixth Avenue in New York during the People's Climate March on Sunday. The march, along with similar gatherings in other cities worldwide, comes two days before a United Nations climate summit. Metro was in New York for the march — see story on page 5, including a photo gallery accessible through Metro AR. JASON DECROW/THE ASSOCIATED PRESS

Allegations

"The National Energy Board is a puppet to Stephen Harper's oil people."

Marilyn Eriksen, a retired health professional who took part in the march

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Toronto has a number of nominees vying for a 2014 Polaris Music prize. The big winners will be announced at the gala affair Monday night at the Carlu.

2
WALK OF FAME COMES TO LIFE
For three days starting Monday, Canada's Walk of Fame Festival takes over David Pecaut Square, with music, readings, comedy and dance.

3
SUMMER FINALLY OVER IN B.C.
It's back to the books for half a million students in B.C. after a bitter teachers strike claimed the first three weeks of the new school year.

4
PASSPORTS
Civil-rights activists says Citizenship and Immigration Canada isn't doing enough to prevent potential abuse of its plan to revoke passports of those suspected of joining terror groups.

5
NEIGHBORS ON DVD, BLURAY
The DVD-Bluray release of Neighbors, with Seth Rogen and Zac Efron, is out Tuesday. If you missed it in theatres be sure to pick it up tomorrow.

Police hiring increases despite 'dramatic' drop in crime rates

Toronto goes other way. Report finds city an 'interesting exception of how more police doesn't always mean less crime'

Despite a "dramatic" drop in crime rates within the last decade, Canadians are employing a surging number of officers, according to new research released Monday.

Between 2001 and 2012, the number of police officers per 100,000 Canadians increased nearly nine per cent, amid a crime rate decline of 26 per cent, according to author Livio Di Matteo, a Lakehead University economist.

Bucking the trend, the number of Toronto police officers per 100,000 declined five per cent over the same period, while crime in the city dropped 41 per cent — making it "an interesting example of how more police doesn't always mean less crime," Di Matteo said in an interview.

Published by the Fraser Institute think-tank, the report is just the latest to document the ballooning cost of policing across Canada, raise questions about the sustainability of spending, and suggest that the definition of what constitutes police work has become overly broad.

"At some point you have to look at if you are deploying police, and how many of them do you devote to your core function, which is fighting crime," Di Matteo told Torstar News Service.

But while criminologists say the research will generate much-needed discussion about police spending, some say the numbers perpetuate the inaccurate belief that crime rates and police staffing are directly linked, when the relationship is far more complex.

The report sets out to measure the efficiency of police forces in Canadian cities by examining and comparing the number of officers employed per 100,000 citizens.

Using Statistics Canada figures, including Police-Reported Crime Statistics, Di Matteo found that between 2001 and 2012, the number of police officers in Canada grew 21.8 per cent (from 57,076 to 69,505) while the Canadian population increased only 12.2 per cent.

When calculated per 100,000 people, the number of officers increased from 184 in 2001 to 200 by 2012.

Among Canadian cities, Di Matteo found "substantial" variation in the number of police officers employed per 100,000 population — even when local crime rate, population density, family incomes, unemployment rate and other factors were calculated.

Ontario's cops expensive

- Per capita, policing costs in Ontario are the highest in the country. "The salary costs seem to be quite high in Ontario in general," said the report's author, Livio Di Matteo.
- According to a March 2014 report on Canadian policing costs, almost 40 per cent of the Toronto Police Service's workforce made Ontario's 2012 Sunshine List of public employees making more than $100,000.

Lakehead University economics professor Livio Di Matteo. CONTRIBUTED

Di Matteo's study put Toronto's ideal number of officers at 182 per 100,000 people.

In 2013, the Toronto force employed fewer officers than that — 169 officers per 100,000 — and was one of few cities that saw a decrease in officer numbers, down five per cent from 178 per 100,000 citizens in 2001.

The crime rate, meanwhile, dropped 41 per cent during that period, showing a decrease in officers does not necessarily result in an increase in crime.

Di Matteo's report is careful to point out that it does not consider all factors unique to each city, such as the types of policing employed. For instance, community-based policing — a resource-heavy activity that typically sees an injection of officers into an area — may be one reason a municipal force may have more officers.

Generally speaking, however, Di Matteo said his research shows there is room improvement when it comes to making police services in Canada more efficient.

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Doug Ford's run for mayor pushes his family into political spotlight

In the public eye. Cheerleader, budding journalist, lingerie football player: Ford's wife and daughters are no shrinking violets

While Doug Ford's candidacy for mayor has suddenly thrust his family into the campaign spotlight, wife Karla and daughters Krista, Kayla, Kara and Kyla aren't shy about being in the public eye.

Ford's wife of 25 years performed in an adult cheerleading squad and posts photos on Instagram, many of them with her daughters, who share her fondness for healthy eating, working out, clothes, shopping and travel.

Krista Ford, 23, the couple's eldest, is the only daughter who has already had a taste — and sting — of local fame: first as a short-lived member of a lingerie football team, later when she was forced to apologize after advising women, via Twitter, not to dress "like a whore" to avoid being the victim of sexual assault.

Photos and videos of Krista pumping iron with her police officer boyfriend Dave Haynes are easily found online. Dave "juggernaut" Haynes, as he's called on one bodybuilding website, is a Toronto probationary sergeant at 31 Division. He has posted profanity-laden critiques of such things as shopping at Costco and toilet paper.

Sister Kayla, a year younger than Krista, belonged to a university cheerleading team and encourages Facebook followers to "be positive," while Kara, born Feb. 27, 1994, appears to be pursuing a career as a "reporter, videographer and editor" at Conestoga Community College in Kitchener. While her father has labelled reporters "lazy," "biased" and worse, Kara's online college bio describes her as "a bubbly, yet professional reporter" who has a "unique personality." She is co-hosting a segment called "Cultural Corner" on a local cable show, the bio says.

Doug Ford speaks to the media at his mother's Etobicoke home as family members stand behind him on Sept. 12. Ford's wife Karla is on his right. CHRIS YOUNG/THE CANADIAN PRESS

"Ford is the kind of person who loves to get involved with the story and connect with her guests, and the audience. She also puts a strong emphasis on balance, making sure all of her stories are presented in an unbiased manner," the bio says.

The youngest Ford is Kyla, 19, a self-described lifelong athlete who, according to her blog, has won multiple national and international titles as a cheerleader.

Now in university and a competitive bodybuilder, Kyla chronicles her progress with messages of empowerment alongside photos of herself. "Set goals. Work hard. Achieve greatness. Repeat the cycle. NEVER GIVE UP," she exhorts on her website.

Kyla credits her mother for setting her on the path to healthy living. "She was always setting a good example," she writes. "As a kid, what my house considered 'junk food' were granola bars!"

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Massive march ahead of summit

People's Climate March. Activists gather in NYC to draw attention to global warming

Tens of thousands of activists walked through Manhattan on Sunday, warning that climate change is destroying the Earth — in stride with demonstrators around the world who urged policy-makers to take quick action.

Starting along Central Park West, most came on foot, others with bicycles and walkers, and some even in wheelchairs. Many wore costumes and marched to drumbeats.

But their message was not entertaining:

"We're going to lose our planet in the next generation if things continue this way," said Bert Garskof, 81, as a family member pushed his wheelchair through Times Square.

He had first heard about global warming in 1967, "when no one was paying much attention," said Garskof, a native New Yorker and professor of psychology at Connecticut's Quinnipiac University.

Organizers said more than 100,000 marched in New York, including actors Mark Ruffalo and Evangeline Lilly. They were joined in midtown Manhattan by United Nations Secretary-General Ban Ki-moon, former Vice-President Al Gore and New York City Mayor Bill de Blasio.

On Tuesday, more than 120 world leaders will convene for the United Nations Climate Summit aimed at galvanizing political will for a new global climate treaty by the end of 2015.

"My sense is the energy you see on the streets, the numbers that have amassed here and in other cities around the world, show that something bigger is going on, and this UN summit will be one of the ones where we look back and say it was a difference maker," de Blasio said.

The New York march was one of a series of events held around the world to raise awareness about climate change. THE ASSOCIATED PRESS

metro AR Demonstrators make their way down Sixth Avenue in New York during the People's Climate March on Sunday. Scan the photo with your Metro News app to see a gallery of images from the rally. JASON DECROW/THE ASSOCIATED PRESS

Reports

Pollution rising

Scientists estimate that the world spewed far more carbon pollution into the air last year than ever before.

That was mostly because of increases from the three biggest polluters: China, the U.S. and India. The reports released Sunday by the International Global Carbon Project team, come as world leaders meet at the UN to discuss reducing heat-trapping gases. THE ASSOCIATED PRESS

Reporting on the march

'A profound experience'

MILA PETKOVIC
mila.petkovic@metronews.ca

Bleary-eyed, perspiring slightly and tummy rumbling, I came to as we pulled into the Big Apple at 6 a.m. after a 10-hour-plus bus ride from Toronto.

I stumbled down the steps and into the sunlight in front of Sts. Luke & Matthew church in Brooklyn. This would be our home for the next couple of days.

I was there to cover the People's Climate March as part of a media team making a documentary about the events surrounding the UN Climate Summit, to take place Sept. 23.

My in: Toronto350.org (one of the organizers of the rally committed to curbing climate change). My company: Five busloads of concerned citizens totalling 280 individuals who would ultimately contribute to a march of over 300,000 people (according to organizers) on the Sunday prior to the summit.

During the march, I interviewed people from all walks of life who came from far and wide to have their voices heard — a mom and her children from Philadelphia; two men from the Dominican Republic; indigenous women from Canada; NYPD cops; and a 93-year-old Second World War veteran from New York.

This was without a doubt the largest climate change march in U.S. history and the sheer volume of people overwhelmed me with emotion.

The kinship demonstrated amongst 300,000 everyday people and complete strangers created a profound experience that both transcended and powerfully addressed the issues we face.

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TORONTO TRANSIT COMMISSION

Sierra Leone at last day of nationwide lockdown

Frustrated residents complained of food shortages in some neighbourhoods of Sierra Leone's capital on Sunday as the country reached the third and final day of a sweeping, unprecedented lockdown designed to combat the deadly Ebola disease, volunteers said.

While most residents welcomed teams of health care workers and volunteers bearing information about the disease, rumours persisted in pockets of the city that poisoned soap was being distributed, suggesting that public education campaigns had not been successful. The streets Freetown were mostly deserted, in compliance with a government order for the country's six million residents to stay in their homes.

There were rumours in Freetown that officials would opt to extend the lockdown, but government spokesman Abdulai Bayraytay said Sunday that no official decision had been reached. THE ASSOCIATED PRESS

Ebola threat

Spread by contact with bodily fluids, Ebola has killed more than 560 people in Sierra Leone and more than 2,600 across West Africa in the biggest outbreak ever recorded, according to the World Health Organization.

- The disease, which has also touched Guinea, Liberia, Nigeria and Senegal, is believed to have sickened more than 5,500 people.
- Sierra Leone's government was hoping the lockdown — the most aggressive containment effort yet attempted — would turn the tide against the disease.

Westgate Mall attack in Kenya marks one year

Gloria, 4, centre, whose father Christopher Chewa was killed in the Westgate Mall attack, wipes the tears from the eyes of her mother Faith Njoki as they hug, on Sunday. Her baby brother Edwin, 1, left, is held by a relative, after joining other families of the victims to lay flowers and remember at the Amani Garden memorial site in the Karura Forest in Nairobi. Kenya is marking one year since four gunmen stormed the upscale Westgate Mall in Nairobi, killing 67 people. A memorial plaque with the names of the victims was unveiled at the popular forest on the edge of the city. Families laid flowers for their lost loved ones, sharing memories and tears.
BEN CURTIS/THE ASSOCIATED PRESS

UN meeting increasing

'Horrendous violence.' Secretary-General Ban Ki-moon says he hopes the General Assembly will lead to consensus in fight against ISIS

A brutal terrorist organization that calls itself a state but lacks recognition from any government will take centre stage when more than 140 heads of state and government convene for the annual ministerial meeting of the UN General Assembly this week.

The head of the so-called Islamic State of Iraq and al-Sham (ISIS), a man called Abu Bakr al-Baghdadi, has not been invited. But the danger posed by the extremists will be the overriding theme.

"Together, we will address the horrendous violence in Syria and Iraq, where conflict and governance failures have provided a breeding ground for extremist groups," UN Secretary-General Ban Ki-moon told a news conference. With world leaders grappling to stitch together a coalition and plan of action, Ban said he hopes the General Assembly session will help produce an international consensus to act against extremist group.

ISIS was established in Iraq but spread in early 2013 to Syria, where it grew in the chaos of that country's civil war. Its fighters rampaged across northern and western Iraq in June, seizing a huge swath of land and sending tremors across the Middle East.

The group controls territory stretching from northern Syria to Baghdad. They have established what they call an Islamic state ruled by their harsh interpretation of Islamic law. They have made no effort to hide their brutality, publicizing videos that show them killing captives, including beheading two American journalists and a British aid worker.

U.S. ambassador to the UN, Samantha Power, said that more than 40 countries have spoken in support of the campaign against the ISIS. THE ASSOCIATED PRESS

to address ISIS threat

Draft resolution

Obama focuses on foreign fighters

On the sidelines, President Barack Obama will lead a summit meeting of the Security Council to focus on one aspect of the threat — foreign terrorist fighters.

A draft resolution expected to be adopted by the15-member council would require all countries to prevent the recruitment and transport of would-be foreign fighters preparing to join terrorist groups such as ISIS. It would also require the 193 UN member states to ensure that their domestic laws and regulations punish their nationals who travel — or attempt to travel — to another country to plan or carry out terrorist acts, and it threatens sanctions against recruiters and financiers for al-Qaida associated groups.

But the complexities and conflicting loyalties inherent in the Middle East present major obstacles to achieving the international coalition Obama is trying to assemble to contain and ultimately eradicate the extremist group.

This image captured from a video posted on a militant website, which has been authenticated, purports to show the leader of ISIS, Abu Bakr al-Baghdadi, delivering a sermon in Iraq. THE ASSOCIATED PRESS

California drought

Central Valley wells running dry

Hundreds of domestic wells in California's drought-parched Central Valley farming region have run dry, leaving many residents to rely on donated bottles of drinking water to get by.

Girl Scouts have set up collection points while local charities are searching for money to install tanks next to homes. Officials truck in water for families in greatest need and put a large tank in front of the local firehouse for residents to fill up with water for bathing and flushing toilets. About 290 families in East Porterville — a poor, largely Hispanic town — have said their shallow wells are depleted.

Officials say the rest of Tulare County has many more empty wells, but nobody has a precise count.

THE ASSOCIATED PRESS

Seurity increased

Man who scaled White House fence identified

The man accused of getting inside the White House after scaling a fence is a veteran who was awarded a medal for his service in Iraq and retired due to disability, the U.S. Army said Sunday.

Authorities have identified the man as Omar J. Gonzalez, 42. The army said he had served from 1997 to 2003, when he was discharged, and again from 2005 to December 2012, when he retired. He was expected to appear in federal court Monday to face charges of unlawfully entering a restricted building or grounds while carrying a deadly or dangerous weapon — a knife, in this case.

The Secret Service tightened security outside the White House after the breach. THE ASSOCIATED PRESS

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Thousands march on Moscow to protest Ukrainian conflict

'No to war.'
Demonstrators protest Russia's alleged complicity in the ongoing conflict that has killed 3,000

A woman wearing a traditional Ukrainian flower headband poses for a photo in front of police officers during an anti-war rally in downtown Moscow, Sunday. Thousands marched through central Moscow to demonstrate against the fighting in Ukraine. DENIS TYRIN/THE ASSOCIATED PRESS

Thousands of people marched through central Moscow on Sunday to demonstrate against the fighting in Ukraine and Russia's alleged complicity in the conflict.

The demonstrators chanted slogans, including "No to war" and "The junta is in the Kremlin, not Kyiv." The latter refers to Russia's contention that the ousting of Ukraine's former Russia-friendly president was a coup.

The fighting between Ukrainian forces and pro-Russia separatists in eastern Ukraine that erupted after the ouster has killed more than 3,000 people. Ukraine and Western countries claim Russia is supplying troops and equipment to the rebels, which Moscow denies.

"Our country is acting as an aggressor, like Germany in the war," said demonstrator Konstantin Alexeyev, 35.

The Ukraine conflict has boosted nationalist sentiment among Russians, with many regarding eastern Ukraine as rightfully a part of Russia. and coverage of the crisis on state-controlled television channels has skewed strongly against the Ukrainian authorities.

"I am concerned about the rhetoric on our TV channels, which disseminate anti-Ukrainian sentiment,'" said 50-year-old demonstrator Ludmila Shteigervalt. "Ukraine is a friendly country. We should just leave it alone."

A ceasefire was called on Sept. 5, but has been violated repeatedly. Negotiators from Ukraine, Russia, the rebels and the Organization for Security and Co-operation in Europe last week tried to further the peace process with an agreement calling for both sides to halt their advances and for pulling back heavy artillery in order to create a buffer zone.

Col. Andriy Lysenko, a spokesman for Ukraine's national security council, said the ceasefire violations are obstructing fulfilment of the buffer zone plan.

"The first point (the ceasefire) is not being fulfilled so far, so we're not talking about the other points," he said.

Along with pulling back the heavy weapons, the plan also calls for the withdrawal of foreign fighters and for all military flights over the combat area to be banned.

THE ASSOCIATED PRESS

Thirteen dead. Iraqi military effort breaks ISIS siege, also wounds 18

Bombs and mortar fire killed 13 people in Shiite areas in and around Baghdad on Sunday, as Iraqi security forces said they succeeded in breaking a siege on soldiers who had been surrounded by militants from the Islamic State of Iraq and al-Sham (ISIS) west of Baghdad.

Police officials said three mortar shells landed on a residential area in Sabaa al-Bour, a town just north of Baghdad, killing six.

A bomb blast later that day claimed four lives and wounded 11, while another bomb was detonated that night, killing three and wounding seven.

Local medical officials confirmed the casualty tolls.

THE ASSOCIATED PRESS

Determination. Young Kurd helps his family flee to Turkey, fights ISIS

A19-year-old Kurdish militant, who has been fighting the Islamic State of Iraq and al-Sham (ISIS) in Syria, brought his family into Turkey to safety Sunday. But in the tranquility of a Turkish tea garden just miles from the frontier, Dalil Boras vowed to head back after nightfall to continue the fight.

Boras and his relatives are among some 100,000 Syrians, mostly Kurds, who have flooded into Turkey since Thursday, escaping an ISIS offensive.

Boras said ISIS has been killing indiscriminately as they move through villages.

"They captured women, buried them to the neck and stoned them," he said.

THE ASSOCIATED PRESS

Syrian refugees hide their faces as they cross Turkey's Suruc border on Sept. 21. Turkey opened its border the previous day to allow 60,000 people amassed at the Syria-Turkey border, hoping to flee ISIS's advance on Kobani. BURHAN OZBILIC/THE ASSOCIATED PRESS

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Czech zoo burns rhino horns

About 50 kilograms of rhino horns are set on fire at a zoo in Dvur Kralove in the Czech Republic, Sunday to draw attention to the plight of the endangered animals that are being driven to extinction due to the demand for rhino horns. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Case of man who died in ER goes to appeal court

Winnipeg. Health authority, province argue the Charter of Rights doesn't allow relatives to pursue a claim on behalf of a deceased person

The family of a man who died during a 34-hour wait in a hospital emergency room is asking Manitoba's highest court to rule his charter rights were violated.

Lower court judges have previously struck down the heart of the lawsuit by ruling that Brian Sinclair's charter rights died with him. But lawyers for the family argue it's "cruelly ironic" that a man who died because he didn't receive the care due to him under the Charter of Rights and Freedoms isn't allowed to sue because he is dead.

Sinclair was referred to the emergency department in September 2008 because he had a blocked catheter. The inquest heard the 45-year-old double amputee wheeled himself over to the triage desk and spoke to an aide before guiding his wheelchair into the waiting room. There, he languished for hours, growing weaker and vomiting several times. But he was never asked by medical staff if he was OK or if he was waiting to be seen by a doctor.

The province's medical examiner found Sinclair died of a treatable bladder infection caused by the blocked catheter.

The appeal is scheduled to be heard Monday.

THE CANADIAN PRESS

Damages

The Winnipeg health authority has paid out $110,000 in damages to the Sinclair family.

- Sinclair's family initially sued the Winnipeg Regional Health Authority, individual employees who were on duty the weekend Sinclair died, and the government of Manitoba. The family has since dropped its action against the province.

Nuclear talks

Kerry meets Iran's foreign minister

U.S. Secretary of State John Kerry is meeting with Iranian Foreign Minister Mohamad Javad Zarif for talks expected to focus on the prospects of reaching an agreement on reducing Tehran's atomic activities in exchange for an end to nuclear-related sanctions.

Their meeting Sunday comes on the third day of the latest round of nuclear talks between Iran and six world powers — the United States, Russia, China, Britain, France and Germany.

The talks have been stalled for months over Iran's opposition to sharply reducing the size and output of centrifuges that can enrich uranium both to levels needed for reactor fuel or the core of nuclear warheads. THE ASSOCIATED PRESS

Italy

55 migrants pulled from capsized dinghy

The Italian coast guard says a cargo ship has rescued at least 55 migrants from Libyan waters after their rubber dinghy capsized. They say several bodies were spotted in the sea and up to 30 people might be missing.

Coast guard officials said after the dinghy used a satellite phone to request help Sunday afternoon, a Singapore-flagged merchant ship rushed to the scene but the migrants' boat capsized just before its arrival. Coast guard officials said the dinghy's capacity was about 100 passengers.

Thousands fleeing war or poverty have been arriving weekly in smugglers' boats on Italian shores or needing rescue at sea.

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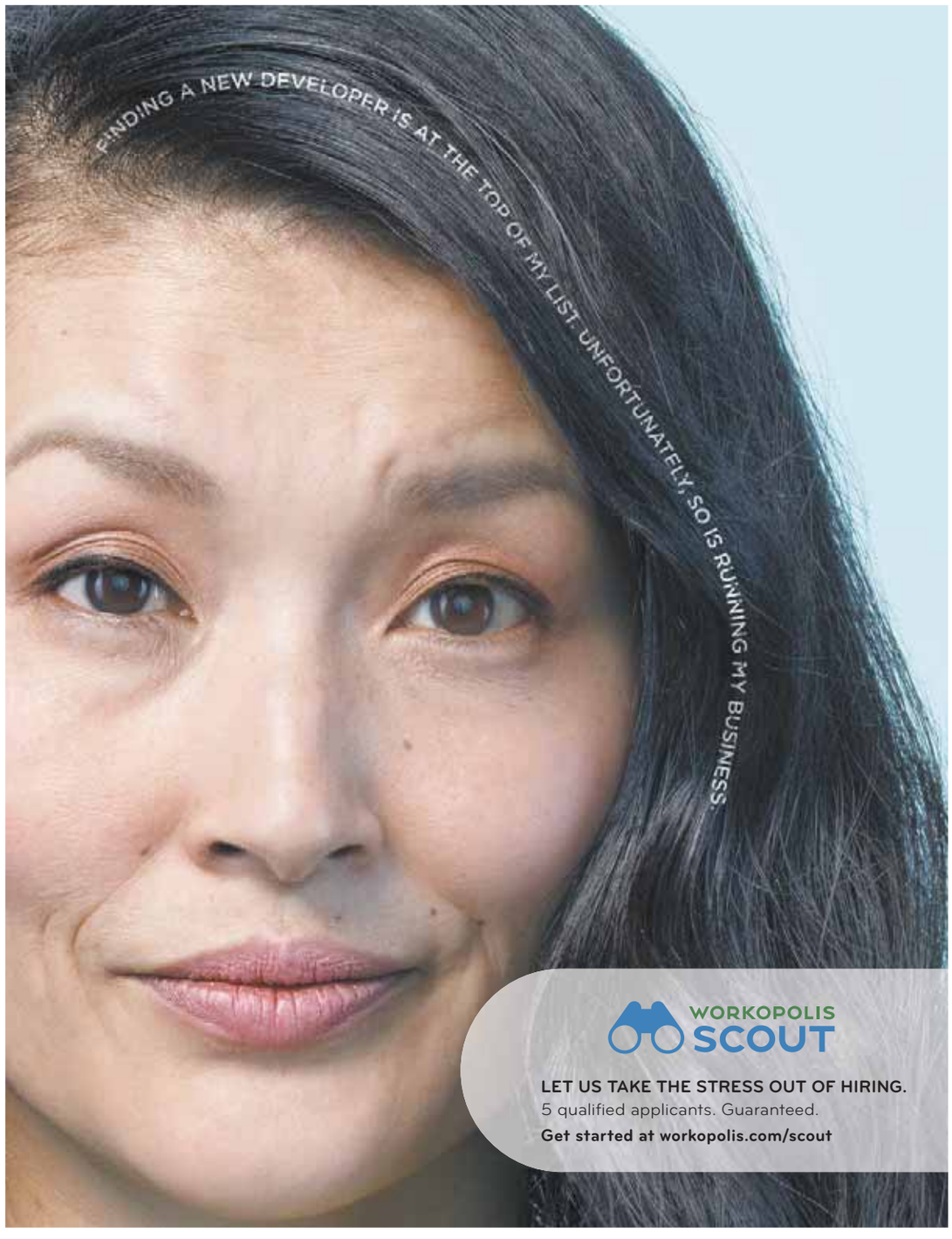
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'It troubled me.' First Nations leaders disturbed by burial site's uncovering

The actions of an aboriginal tourism guide in British Columbia who gave some travellers access to ancient burial boxes, including revealing skeletal remains, have been condemned by his fellow First Nations.

A photo surfaced earlier this year on the Internet of Tom Sewid of Aboriginal Adventures Canada peering into an open burial box with skeletal remains in clear view. A second photo of Sewid, dressed in aboriginal watchman attire, shows him standing beside the box that sits atop a large boulder in a heavily forested area.

The incident happened last summer on an island in the Broughton Archipelago between northern Vancouver Island and the B.C. coast. It set off investigations by the RCMP and the provincial Ministry of Forests, Lands and Natural Resources, but no charges or sanctions are expected.

Sewid's actions prompted a sharp rebuke from his own First Nation, the Nanwakolas, and he has been relieved of his duties as a watchman.

But Sewid said his actions were part of his duties overseeing his ancestors' remains and he denied being disrespectful.

"I was a native watchman, guardian who had to protect those sites," he said. "We make sure none of the kayak or tour companies were bringing clients in to view our ancestors' bones."

Sewid said the photo was meant to be used for an end-of-year report.

Nanwakolas Council president Dallas Smith said councillors were extremely saddened to learn that images of an open burial box were taken with a First Nations' individual standing next to the box, and have made it clear to Sewid that his involvement is condemned.

Union of B.C. Indian Chiefs vice-president Bob Chamberlin said the incident disturbed him.

"It troubled me to think of why someone — particularly an aboriginal person — would even think of disturbing our ancestors' human remains," Chamberlin said.

THE CANADIAN PRESS

Israel-Palestine

Ceasefire, Hamas-Fatah talks resume

Egypt will host a brief round of indirect talks this week between Israelis and Palestinians on a sustained Gaza ceasefire deal, as well as negotiations between Palestinian rivals Hamas and Fatah on who should run the territory, a Palestinian official said Sunday. The official said that with any negotiations with Israel that Palestinians need a single voice. THE ASSOCIATED PRESS

Space cargo

3D printer delivered to ISS

A SpaceX cargo ship rocketed toward the International Space Station on Sunday, carrying the first 3D printer for astronauts in orbit.

In all, the unmanned Dragon capsule is delivering more than 2,270 kilograms of space station supplies for NASA.

Dragon should reach the space station Tuesday.

THE ASSOCIATED PRESS

U.K. politicians bicker over Scottish powers

Constitution debate. New Scottish powers are dependent on constitutional reform, says U.K. Prime Minister Cameron

The debate over Scotland's future fizzled amid a bitter war of words Sunday, with the Scottish leader claiming his countrymen were tricked into rejecting independence in a referendum while Britain's three main political parties bickered over modes of political reform.

Alex Salmond, Scotland's outgoing independence leader, accused politicians in London of reneging on their promises to hand more power to Scotland in a rare cross-party pact he said swung votes in favour of union in Thursday's vote.

His comments came after U.K. Prime Minister David Cameron said plans to empower Scots should be linked to constitutional reform in England — which fractured the fragile political consensus and drew attacks from across the spectrum.

Just days earlier, Cameron and his political rivals had joined together and vowed to quickly pass laws to transfer key decision-making powers from London to Scotland's capital, Edinburgh. All three party leaders signed off on the pledge, which promised Scots powers to decide on their tax, budget and welfare policies.

Cameron said it won't be fair to devolve powers to Scotland without considering similar changes in the rest of the kingdom — England, Wales and Northern Ireland.

"Millions of people in the rest of the U.K. have been listening to these debates, watching this campaign and rightly asking: 'What will change for us? Why can't we have the same powers and the same rights as those in Scotland?'" Cameron wrote in the Mail on Sunday newspaper.

Critics say these conditions dilutes the three leaders' joint pledge and will likely delay the downloading of the promised powers to Scotland.

"It's the people who voted 'No' ... these are the people who are feeling most angry, most hurt, most disappointed in Scotland today," Salmond told the BBC.

THE ASSOCIATED PRESS

Scottish First Minister Alex Salmond speaks during a news conference in Edinburgh, Scotland, Friday, Sept. 19, following the Yes movement's referendum defeat, which would have seen Scotland secede from the United Kingdom.
THE ASSOCIATED PRESS

Disappointment

"It's the people who voted 'No' ... these are the people who are feeling most angry, most hurt, most disappointed in Scotland today."

Outgoing Scottish First Minister and Independence leader Alex Salmond

Constitutional reform

All three British parties, despite PM David Cameron's statements, agree their vow to Scotland must be fulfilled.

- **Differing on the question of English reform.** Nick Clegg, Cameron's deputy PM and leader of the coalition's junior party, the Liberal Democrats, said their promise to Scotland cannot depend on other constitutional reform, a belief shared by Labour Party leader Ed Miliband.

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Will Nordstrom strike gold here?

HOW TO ROLL
Alison Griffiths
metronews.ca

Taking stock

Retail stocks in 2014 (to end of August):

- **The best:** Barnes & Noble Inc., +49%
- **The worst:** Aeropostale Inc., -61%

Nordstrom recently opened its first store in Canada. THE ASSOCIATED PRESS FILE

Nordstrom has arrived in the frozen north, its Chinook Centre location having opened in Calgary last Friday. Hurrah! Finally, another place besides Holt Renfrew to buy $100 pantyhose and $200 T-shirts. I've been waiting a long time for a little more choice in my luxury shopping.

But here's a big question for investors: Will Nordstrom do a giant face-plant as Target did when it brought the big red ball to Canada?

Shortly after arriving in these climes last year, Target's share price climbed rapidly from $58 to $73 US, and then almost as quickly slid to $55. The stock has pulled itself back to nearly $64, though its relationship with Canadians is still on rocky ground. On average, analysts covering the company have a 12-month $60 target on Target.

In contrast, Nordstrom has been one of the more successful retail stocks in the last two years, during a period of incredible volatility in this already highly volatile consumer discretionary sector.

Since Target's Canadian launch, Nordstrom has marched upward from $51.50 to nearly $70. (Granted, there have been some big dips along the way, but it wouldn't be retail without the roller-coaster.) Analysts are predicting that the company, which offers you a place to drink Chardonnay with your Jimmy Choo shoes, will make it to $74.

Target's Canadian swoon is attributed to a supply chain screwup, over-aggressive expansion and a total misread of the Canadian consumer.

In contrast, Nordstrom's success to date has been credited to strong and cautious management south of the border, which bodes well for the rollout of a mere handful of stores here (Ottawa and Vancouver are planned for 2015).

That's all true, but there's more.

Target in the U.S., especially for cross-border-shopping Canadians, was a destination. Shoppers loved the bright, friendly atmosphere and cheap clothes that were a tad sexier than the fare offered by the likes of Walmart.

Now brutal competition from other discounters plus the explosion in e-shopping has weakened Target's uniqueness.

Nordstrom, on the other hand, still has destination written all over it. Shoppers are drawn to the experience. It's nice to be fawned over while you empty your wallet.

I might still buy those $10 T-shirts at Target, but when it comes to stock, I'd incline to Nordstrom.

Follow Canada's economic model: Oliver

Different economic situations require different approaches to meeting the G20's economic targets, Canada's finance minister said Sunday as he urged Europeans to follow Canada's recession-busting model.

Though finance chiefs from the 20 largest economies said they will focus on infrastructure investment to help reach the goal of boosting world GDP by more than $2 trillion over the next five years, that's not necessarily the direction Canada is headed, Joe Oliver said.

Joe Oliver
THE CANADIAN PRESS

"The type of action that we can take is different than the type of action that some, but not all, European countries have to take," Oliver told reporters in a conference call from Sydney where he was leaving the G20 finance ministers' latest talks.

Oliver said the government's stimulus program from 2008 achieved its desired goals.

Now, Oliver said, economic growth in Canada will come from increased labour mobility, lower taxes and trade, and he hinted that more will be revealed in the next federal budget.

By contrast, some European economies are still fighting an uphill battle, Oliver said.

"We need to provide flexibility for some countries to undertake the actions and some structural changes as well to get the growth going," he said.

"It should be done in the same way — a timely, targeted program which is temporary and where a credible plan to achieve a fiscal balance is set out and pursued when the need for a more stimulative program becomes less important."

THE CANADIAN PRESS

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HEY GUYS, THERE'S A COUNCIL RACE TOO

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

You wouldn't know it from the way Toronto tends to obsess over the twists and turns of the mayoral race, but we won't just be voting for the one position at city hall on Oct. 27. There are 44 other important city hall jobs up for grabs in the form of council seats.

And because the mayor gets only the one lonesome vote at city council, it's really these other elections that will determine the shape of our city going forward.

But, hey, I've got some good news. As we've been distracted by the ever-surprising mayoral show on the main stage, a bunch of very promising Torontonians have signed nomination forms for council seats.

I'm talking about contenders such as Andray Domise, who suddenly finds himself in the most high-profile council race, running against Rob Ford in Etobicoke North's Ward 2. He's got a huge mountain to climb, but Domise seems like the perfect guy to do it. He's ridiculously smart, daringly blunt and has ties to the community he wants to represent, that feel sincere instead of exploitive.

But Domise isn't the only worthwhile new name you might see on your ballot next month.

Jane Farrow, running in Ward 30 in Toronto-Danforth, is the founding executive director of Jane's Walk. That experience counts for a whole lot, demonstrating some real urbanist credibility and a willingness to take on big projects.

Meanwhile, up in Davenport's Ward 18, candidate Alex Mazer is a budget nerd after my own heart. The guy's got PowerPoint presentations. He's even got pie charts. And he wants a more honest conversation about city revenues and spending — something we could use after four years of bad math.

But wait, there's more. Idil Burale is waging an important campaign in Ward 1, fighting the good fight for the shovel-ready Finch LRT project. And Dan Fox in Willowdale's Ward 24 is offering voters a fresh choice in an area that desperately needs some new blood.

Then there's Mary Hynes in Ward 34, most famous for her blunt and satirical slams at city hall during budget debates. She's a force to be reckoned with, even going up against a tough incumbent. And over in Ward 17, Alejandra Bravo is taking another crack at a council seat. It's an area would sure benefit from a new approach.

Together these candidates — and others I just don't have room to mention — could represent a bright future for Toronto. The first step, though, is for voters to take their eyes off the Ford saga and the mayoral race for a second and get to know who's running.

It'll be worth your time, I promise. The mayor may set the direction, but it's your city councillor who'll get things done. Choose wisely.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Super troopers

Revellers dressed as stormtroopers of the Galactic Empire pause during a Star Wars parade in Madrid over the weekend. ANDRES KUDACKI/THE ASSOCIATED PRESS

Thousands take part in Spanish Star Wars parade for charity

Thousands of revellers took part in a Star Wars parade for charity, over the weekend in Madrid.

Darth Vader, his guards and troops landed in Retiro Park to meet with all of the forces of the empire.

Attendees were able to take photos with their favourite troops and engage in a friendly fight after the parade.

The event was part of a charity event for FEAPS Madrid, an organization that aims to promote the social inclusion of people with intellectual disabilities.

METRO

Who were the stormtroopers?

Stormtroopers are the elite soldiers of the Galactic Empire.

- These faceless enforcers of the New Order were considered an extension of the Emperor's will, and often used brutal tactics as a way to keep thousands of star systems throughout the galaxy in line.
- With few exceptions, they are distinguished from all other military units by their signature white armour.

STARWARS.WIKIA.COM

MetroTube

How rude!

ANDREW FIFIELD
andrew.fifield@metronews.ca

THE CANADIAN PRESS FILE

Supremely gifted athletes such as Maria Sharapova earn praise for their otherworldly focus in the sort of high-pressure situations that would crush lesser mortals like us. But perhaps it's time we give a little of that same love to musicians. Flutist Yuki Ota has certainly earned it, after advancing to the second round of an international competition despite this rude interruption from the loveliest of insects — lovely *and* rude. (Odensesymfoni/YouTube)

Twitter

@metropicks asked: A Canadian-led study into the "Jesus in Toast" phenomenon — why people see famous faces in objects — won a science prize for funny research. Which weird phenomenon would you like examined?

@Laurenkparsons: when you can't think of something and you walk through a doorway to remember.

@trifur: kinda looks like Bob Marley to me.

Join the conversation @metropicks

metro AR

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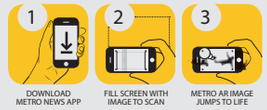

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Lady Gaga talks recovery from the 'pain of fame,' split with manager

Flying free. Working on album with Tony Bennett helped singer get her groove back

Scan this photo with your Metro app to see a video of Lady Gaga and Tony Bennett singing I Can't Give You Anything But Love.

KARIM SAHIB/AFP/GETTY IMAGES

After hip surgery and parting ways with her longtime manager, Lady Gaga says things are looking up.

"I'm very centred now. I meditate a lot. I'm happy. I am more sober than I've ever been," said the singer. "It's a very happy time in my life."

Last year, Gaga parted ways with longtime manager Troy Carter, who helped the pop star achieve multi-platinum status, dominate the pop charts and win multiple Grammy Awards. She said she was overworked and that greed led to their split.

"Part of what was making my sort of artistic experience so unpleasant was that I felt that I was not able to truly freely fly as an artist," she said. "In some ways my talents were not being used to their full potential."

Gaga says part of her happier state of mind comes from working with Tony Bennett on the album Cheek to Cheek, out on Tuesday.

The 28-year-old is currently on an international tour that wraps Nov. 24 in Paris. Calling from Istanbul, she spoke about being unhappy, letting go of her manager and her underselling ARTPOP album.

Did your disagreements with management affect the making of ARTPOP?

It certainly affected my mind during ARTPOP. I would have to say that whole situation had less to do with creativity differences and more to do with me really needing some time for myself to be creative.

My schedule was way too difficult. I was not able to keep up and my whole business became very focused on making as much money as possible as quickly as possible, which is really not where my heart is.

My integrity as a musician is so much more important to me than money ... While I was making ARTPOP, I was very tired. I'm actually very proud of ARTPOP. As much as it's had a lot of criticism, I think a lot of that had to with where I am in my career, I've been on top for a long time. I think it's the nature of this industry; we love to build them up to tear them down.

You sound like you're in a good place. Is that spilling over to the new music you're creating?

It is in the very super-early stages. I'm always writing music. I was up all the other night here in Istanbul writing and they had a lovely piano in my room and I was so excited, especially when I get to play a real stringed piano, not an electronic one; that always makes me happy. I've been writing some (songs) that I'm really sort of surprised at myself.

I have a lot of pain built over the past few years. It was very difficult being on the road for the Born This Way Ball without having a full, proper team around me. I was going through a lot of pain with my body that led to the hip surgery. I call it the pain of fame: Your life changes a lot and the people that are around you, they change too.

Money makes people crazy and they see your life change and all of the luxuries and the things that come with becoming a star and they think, "I've known her my whole life ... or I've been here this whole time, I deserve all of that, too."

U2 released its new album alongside Apple, and Jay Z and Beyoncé also released recent albums in unconventional ways. What do you think about that and do you think of innovative ways to release music when readying a project?

I think honestly what we need to be doing, and this is my opinion, is instead of trying to find ways to trick the world into focusing on the album for a brief moment, I think that artists need to speak more about how media treats the artists and making the distinction between the celebrity and the artist, because everything is all in one pool now isn't it? We're all the same and there are some pretty terrible celebrities out there, let's be honest, right? People famous for no reason.

So, I think the more the media can help us to support the artist and support music in a way that's maybe less critical for journalists that are not as knowledgeable about music and help to just spread the music and see the music as gift to the world. I really believe that once the press becomes more kind, I think a lot of the things in the universe are going to change.

It makes me scared when I hear that there's pro-ISIS (the Islamic State of Iraq and al-Sham) rallies in America because I think that social media has created this sort of negative undertone in the universe. People feel that they can say or do anything; it makes them feel a sort of comfort when really it's just giving hatred a petri dish to fester.

I know that was sort of a random answer for a question about album marketing. I really believe it lies in the hearts in the people that are writing about the music. The more we honour and support the artist, the more the art will live on forever. Otherwise, it's going to continue to be what I think pop music is now, which is sort of this giant tabloid. It's become quite trashy, in my opinion. THE ASSOCIATED PRESS

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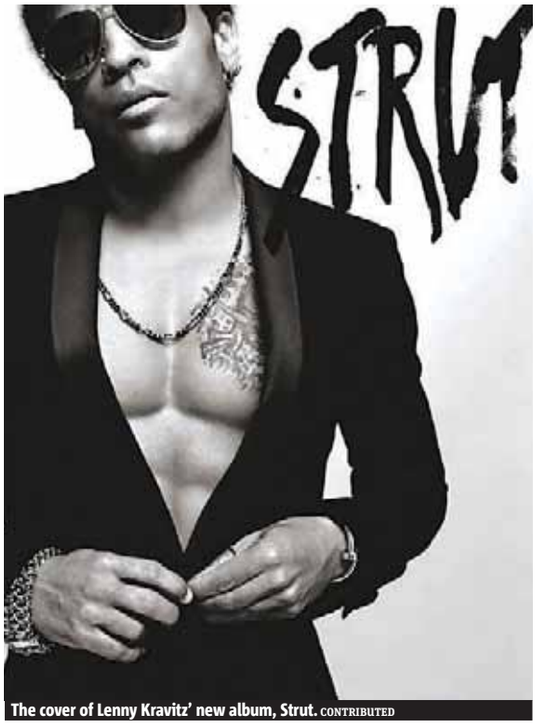
Kravitz can still Strut it at 50



The cover of Lenny Kravitz' new album, Strut. CONTRIBUTED

Dynamics of love. Singer's new album bares the grit and glamour of relationships

At 50, Lenny Kravitz is an American in Paris.

Now, after turns designing shoes and acting in The Hunger Games, he's returned to music with a new album he says just poured out of him during shooting of the box-office smash.

Best known for the 1991 single It Ain't Over 'til It's Over, Kravitz says inspiration struck on set as he played Cinna, the stylist to Jennifer Lawrence's heroine.

"I wasn't even planning on making an album. I was just working on the film. In the night, just all this music...," he told AFP in an interview in Paris.

Kravitz describes the album, entitled Strut, has grit and glamour, plus a lot of sensuality.

He appears on the cover in a black and white photograph, displaying a large tattoo on his bare chest, dressed in a dinner jacket and dark glasses.

He says the music itself is about love and relationships.

"All the different dynamics that you would have from lust to sex to heartbreak to desperation to devotion to misunderstood love," he said.

Kravitz has been living in Paris on and off for nine years and his last video was set in the city.

"I think it's a pretty sexy city, esthetically it's gorgeous — the architecture, the design ... it's very inspiring..." he said.

After nearly a decade, Kravitz is very much at home in France. In 2011 he was awarded France's highest cultural honour: the Order of Arts and Letters.

Writing his 10th album, which is due to be released on Tuesday, the songs came very naturally.

"Every time I make an album, it's always different. This album just happened like this!" he said.

The last song on the album is a cover, something Kravitz says he rarely does.

But an unexpected blast of the 1965 hit single by The Miracles, Ooo Baby Baby, left him marvelling.

"I hadn't heard it for a long time (and) it sounded so beautiful," he said.

And on reaching his half-century, he is philosophical.

"The number doesn't really mean anything. I feel great. I've never felt better than I do now ... physically, mentally and spiritually," he said. AFP

A little night music

"I wasn't even planning on making an album. I was just working on the film. In the night, just all this music."

Lenny Kravitz was struck by inspiration on the set of The Hunger Games

Africa. Jolie to direct epic about elephant poaching

Angelina Jolie is to direct a "sweeping epic" film about veteran Kenyan conservationist Richard Leakey's fight with ivory poachers, the studio behind the movie said Friday.

The Oscar-winning actress — whose latest film as director, Unbroken, is out in December — will go behind the camera once again for Africa, with a screenplay by another Oscar winner, Eric Roth.

"I've felt a deep connection to Africa and its culture for much of my life," Jolie said, praising Forrest Gump writer Roth's "beautiful" script.

The film is about "a man drawn into the violent conflict with elephant poachers, who emerged with a deeper understanding of man's footprint and a profound sense of responsibility for the world around him," she said.

Leakey, 69, former head of the government's Kenya Wildlife Service, was key in stemming the rampant poaching of the late 1980s, using extreme measures including sending helicopter gunships into national parks.

Jolie is currently directing By the Sea, based on her own screenplay and in which she co-stars with her husband Brad Pitt. AFP

Angelina Jolie. AFP FILE

How I Met Your Mother

The pineapple CONTRIBUTED

Series' mystery bears fruit, at last

The answer to a long-running mystery that befuddled hardcore How I Met Your Mother fans has finally been revealed. There's a fancy box set for the show coming out this week and on the cover is an image of a pineapple. In an early episode — entitled The Pineapple Incident — Ted wakes up after a drunken night out to discover the eponymous fruit mysteriously placed on his bedside table. A deleted scene included with the box set revisits the story behind the fruit and BuzzFeed has posted it online, along with an animated GIF recap of the whole back story.
THE CANADIAN PRESS

Ebooks

The Maze Runner: Movie Tie-In Edition

By. James Dashner

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

The book is a dark, sinister tale of boys trapped within an ultra-violent experiment to test their survival. The movie is a strangely sporty, feel-good adaptation. Loaded with video clips, photos, and featurettes, this enhanced edition makes for a useful comparison. With its made-up language and more honest portrayal of youthful despair, the book better serves its dark, challenging themes.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Matt Damon is ready to be Bourne again

STARGAZING
Malene Arpe
scene@metronews.ca

This Week in Reboots: 1) I Know What You Did Last Summer is getting a redo. 2) Matt Damon may finally reprise his Jason Bourne role. 3) Casting begins for the sort-of sequel to Richard Linklater's Dazed and Confused. 4) King Kong is getting yet another wake-up call for Skull Island. 5) Richard Lugner, an 81-year-old Austrian construction mogul, marries 24-year-old Playboy model Cathy Schmitz.

After berating a wheelchair user for not standing up at his concert, Kanye West says the media should stop "demonizing" him as he's a "married, Christian man with a family." He went on to explain that, as an avid fan of the Ming Dynasty, he's upset over the price of vegetables and will start sleeping in on the weekend.

This Week in Pop Tarts: 1) Selena Gomez got bangs. 2) Demi Lovato says a fan farted on her. 2) Ariana Grande reportedly said she wishes her fans would just die.

Martha Stewart says of Gwyneth Paltrow and GOOP, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Martha Stewart has now officially reached the age known as, "Watch me expertly fold this linen napkin into a flock of swans while not giving one silent, ladylike burb what you think."

Ben Affleck ALL PHOTOS GETTY IMAGES

Ben's a gambling man who likes to count cards

That story about Ben Affleck getting kicked out of a Las Vegas casino for counting cards at blackjack? "That is a true story," he confirms to Details magazine. "I knew with blackjack that there's a way you can improve your odds, and so I started trying to learn. And then I just got to a point in my life where I'm like, 'If I'm going to do something, I'm going to try and do it really well.' It was sort of presented like I did something illegal. You know what I mean?" We do, Ben. We do. The new Bruce Wayne thinks the whole system is messed up, man. "Once I became decent, the casinos asked me not to play blackjack. I mean, the fact that being good at the game is against the rules at the casinos should tell you something about casinos," he says.

No more scooting the kids to school, Paltrow

Sorry, kids. No more Roman Holiday-themed trips to school for you. Gwyneth Paltrow has reportedly been told by school officials that she can no longer drop off and pick up kids Apple, 10, and Moses, 8, on her Vespa scooter, according to Page Six. "The scooters had been convenient for zipping around Los Angeles traffic, and dropping the kids off at school without having to wait with other parents and kids in the carpool line," a source says. "After Gwyneth was photographed on the Vespa pulling out in front of a bus (last year), school chiefs reprimanded her and said they'd rather she and Chris (Martin) didn't bring the kids to school on scooters." A rep for Paltrow says the story is made up and it's just a coincidence that Paltrow's kids now take the bus to school.

No purchase necessary. The contest is open to residents of Ontario who have attained the age of majority as of the start of the contest. Four (4) prize packages are available to be won, each consisting of: one (1) GoPro® Hero 3+ Black Edition camera; one (1) GoPro® chest mount harness; one (1) GoPro® vented helmet strap mount; one (1) GoPro® handlebar/ seatpost/ pole mount; and one (1) 32 GB sport/ mobile memory card (approximate retail value of $630 CDN per package). Skill testing question required. Random draws will take place on September 22, 2014, September 29, 2014, October 6, 2014, and October 13, 2014; one (1) prize package is available to be won in each draw. Re-entry will be required to participate in each consecutive draw; entries will not be retained from one draw period to the next. Limit of one (1) entry per household per day. Contest opens Monday, September 15, 2014 at 12:01 AM ET and closes Sunday, October 12, 2014 at 11:59 PM ET. Odds of winning depend on the number of eligible entries received in each draw period. To enter and for complete contest rules, visit www.clubmetro.com.

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LIFE 3

Raising kids is expensive, so set their priorities early

Baby steps. A child-specific budget will help control and balance their costs with family's needs

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Parents sacrifice a lot for their children, but making the right choices early can help keep everyone happy. ISTOCK

Kids are expensive. Never mind what some people are prepared to spend to get them here — getting them "independent" can cost a small fortune.

You may need a bigger car. You may need a bigger home. And then there are all the costs of keeping your mini-me fed and clothed, dental bills, school supplies, hockey, ballet, soccer, karate — the list can seem endless.

The first year of a child's life is often pretty expensive. Not surprising, when you think of all the gear we have to get to bring baby home. And the cost of diapers!

It also comes as no surprise that costs go up when kids hit their teenage years.

So how do you get your kids to self-sufficiency without going broke? You make a budget.

Although many of the hard costs (food, the roof over their heads, transportation) fall naturally into your budget, there are costs that are uniquely associated with the kids. One kid is happy to live in jeans and T-shirts, while another won't wear anything but American Eagle. If Junior is a sports maniac, there are league fees, equipment costs and transportation costs. Never mind all the eating out on the road.

The trick to not letting kids' expenses get way out of hand is to allocate a specific amount to each child's activities and needs, and stick with the plan.

Start by listing all the things your children do. Their needs won't be the same, and spending equally on them won't be more fair. Giving them what they need, when they need it, is the goal. Over time, as their needs shift, so should the way you allocate the money. And, over time, it should all come out even.

Some parents struggle with meeting their kids' needs while staying afloat financially. If you're a single parent or your family is living on one income, make sure you're claiming the eligible dependent amount on your tax return.

There are lots of other expenses that may be claimed on your tax return to mitigate your costs. Paying for a babysitter? Sending your kid to camp? Claim child-care expenses on the lower net income to get the biggest benefit. Get and keep your receipts to make your claim stick if it's challenged.

And don't forget about the child fitness amount of up to $500 per year per child 16 and under, for everything from soccer to gymnastics.

Your kids' budget should include a regular amount set aside for educational savings. If you start early, you don't have to set aside a lot, and each dollar you put into an RESP can help your child earn up to $500 a year in free grant money.

Don't make enough money to save for school?

If you receive the National Child Benefit Supplement, and your children were born in 2004 or later, you can get up to $2,000 in free money for each of them.

Get a Social Insurance Number for them, open up an RESP and apply for the Canada Learning Bond. You'll get $500 in the first year and up to $1,500 more by the time they turn 15.

When shopping for an RESP, make sure you stick with an individual or family plan offered by most financial institutions. Steer clear of the group plans or "scholarship trusts," which have come under fire for being both expensive and inflexible.

Kids cost money, no question. We sacrificed fancy furniture and vacations in the early years. And my entertainment was sitting and watching my kids as they learned about the world.

Those were some of my happiest years. We had a ball.

I shopped garage sales and second-hand stores, shared what I had with friends, and chose one activity at a time for my kids so they weren't overwhelmed and I didn't go broke.

It's all about the choices we make and about figuring out what's most important so we can prioritize those choices.

Kids don't arrive in designer labels, and they don't much care about stuff until someone teaches them to be concerned about what other people think.

Dodge that bullet and you can save yourself a fortune.

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Balance spice and sweetness

This recipe serves six. ROSE REISMAN

Arugula Lentil Sweet Potato Salad. This dish is full of antioxidants, protein and fibre

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Here's a vegetarian delight using one of the most nutritious greens: arugula.

This veggie is full of antioxidants that are known to fight free radicals to reduce the risk of cancer. The protein and fibre in this salad come from the lentils, which are known to lower cholesterol, prevent heart disease and stabilize blood sugars to prevent Type 2 diabetes.

Sweet potatoes are more nutritious than white potatoes, with more fibre and antioxidant. They are also a lower glycemic vegetable than the white potato. Sweet potatoes' natural sweetness goes well with spicy arugula.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Preheat the oven to 450 F. Spray a baking sheet with vegetable oil. Bake the sweet potatoes for 10 minutes or just until they are tender. Cool.

2. In serving bowl add arugula, lentils, cranberries, onion, goat cheese and sweet potatoes. Combine all of the ingredients for dressing, pour over salad and mix well.

Nutritional information

Per serving: 248 calories; 38.3 g carbohydrates; 6.6 g fibre; 8.4 g protein; 11.7 g total fat; 3.6. g saturated fat; 19.3 mg cholesterol; 172 mg sodium

Ingredients

- 2 cups peeled, diced sweet potato
- 8 cups arugula or spinach
- 1/2 cup black or green cooked lentils (freshly cooked or canned)
- 1/3 cup dried cranberries
- 1/2 cup sliced red onion
- 1/3 cup crumbled goat cheese

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

Appetizer. Roasted Asparagus Wrapped with Goat Cheese and Prosciutto

1. Preheat oven to 425 F. Spray a baking sheet with cooking oil.

2. Place prosciutto flat on clean work surface. Divide cheese among prosciutto slices, spreading thinly down centre. Place 4 asparagus spears crosswise on top of each slice of prosciutto. Wrap prosciutto tightly around asparagus and transfer to prepared baking sheet. Spray the bundles with cooking oil. Bake in centre of oven 10 mins or until the asparagus turns bright green. Garnish with red pepper.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 6 slices prosciutto (about 4 oz)
- 1/2 cup softened goat cheese
- 1 lb trimmed thin asparagus
- 2 tbsp finely diced red bell pepper

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When tweets are more tasteless than teehee

Dear Metro,

I noticed one of my young co-workers posting rude comments on Twitter. The things he's saying are not only inappropriate — they reflect badly on our company. He deserves to be reprimanded for this behaviour, but I don't necessarily want to get him in too much trouble so early in his career. What should I do?

— Don't Wanna Rat

OFFICE SPACE
Eleni Deacon
life@metronews.ca

We've all got a peeve or two we dream of making public, but your boss may not find a broadcasted bash session as funny as this guy. ISTOCK

Dear DWR,

When it comes to tweeting your mind, there can be a fine line between self-expression and self-sabotage. Lots of RTs might make you feel invincible, but you're certainly not: more and more, social media fumbles lead to hard dismissals. Just last month in Ottawa, Opera Lyra singer Valerian Ruminski made the news after a Facebook post mocking a man's bejewelled Pride Week manicure got him booted from the company.

With that in mind, it seems this kid needs a lesson in consequences. If you feel your colleague has promise — maybe his comments fall more into the "provocatively dirty" camp than the "outwardly prejudicial" camp — you could take him aside for a discreet but on-the-level chat. Tell him you came across his feed, and wanted to let him know that he could be plunging himself into a big, job-threatening mess.

If your workplace has an on-paper social media policy, remind him of the guidelines — and of the should-be-obvious fact that the digital sphere is by no means a private one. He should probably delete the problem tweets and definitely bolster his security settings. Or better yet, not broadcast damaging things to begin with.

But on that note, it's worth questioning whether this person deserves to be reprimanded.

There is zero defence for tweeting sexist, racist or homophobic comments of any sort.

And with a worker's out-of-office behaviour increasingly regarded as a reflection of their company's brand, employees should assume that bigoted online speech is a fireable offence. (In addition to being an offence, full stop.)

But the slope can be slippery, particularly if an employer seeks to limit their staff's freedom to express political or religious viewpoints — or just to show their after-5 p.m. personalities, vulgar as they may be.

It's difficult to judge without knowing the content of your co-worker's remarks, but within limits, we should have the right to be rude.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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CFL

Milo brings Riders back from below

Chris Milo kicked a 22-yard field goal in overtime to give the Saskatchewan Roughriders a 35-32 victory over the Ottawa Redblacks on Sunday.

It was Milo's second chance to win the game in extra time. On the Riders' first possession, he missed a 37-yard field goal attempt. THE ASSOCIATED PRESS

CFL

Als put on vintage performance

Jonathan Crompton threw touchdown passes to James Rodgers and Duran Carter as the Montreal Alouettes ended the injury-depleted Calgary Stampeders' six-game winning streak with a 31-15 victory in the Hall of Fame game Sunday at Percival Molson Stadium in Montreal. THE CANADIAN PRESS

Pigskin caper

Pinball's ring set to be whole again

RCMP say Michael (Pinball) Clemons will be getting his Grey Cup ring back after it was taken by a woman at B.C. Place Stadium during the Toronto Argonauts' 40-23 win over the Lions on Friday.

The former Argos star and current team vice-chair reportedly threw one of his four championship rings into the crowd for fans to look at during the game when a woman walked away with it. According to police, a 30-year-old Nanaimo woman later returned the ring to RCMP officials. THE CANADIAN PRESS

Reds are seeing red despite easy victory

MLS. Red cards and infighting mar Toronto FC's critical home victory

Toronto FC's Jackson was celebrating in the 23rd minute, then sent off in the 66th on Sunday. Jackson, who was red-carded after slapping Chivas midfielder Nigel-Reo Coker, could face additional discipline from MLS. CHRIS YOUNG, HANNAH YOON/THE CANADIAN PRESS

It wouldn't be Toronto FC if an easy 3-0 win over slumping Chivas USA didn't somehow become a little complicated.

The club that often resembles a reality TV show romped past a toothless Chivas USA on Sunday, snapping a six-game winless streak while moving three points within a playoff spot with one game in hand on the teams above.

"For me it was a critical match for us to get the points," said Toronto manager Greg Vanney. "Not only just the points, but also to continue progress in our confidence and our understanding of what we're trying to do."

Gilberto scored a goal and set up fellow Brazilian Jackson's score. Luke Moore also had a goal for Toronto (10-11-7) as Chivas' losing streak stretched to six games.

But the win came at a cost. Jackson, who had an otherwise fine game, was red-carded along with Chivas midfielder Nigel Reo-Coker after a melee in the 66th minute. Jackson was seen delivering a slap, which could mean a further suspension on top of the mandatory one-game ban that comes with seeing red.

And Toronto captain Steven Caldwell and star midfielder Michael Bradley, who served as skipper during Caldwell's injury absence, were seen exchanging words late in the game. The discussion seemed to carry into the locker-room, with Caldwell and other players seen holding a pow-wow in a private area.

Reporters milled around in the main locker-room as the players talked something out down the hall. It hardly felt like a group celebration.

"That's just what happens in football games," Caldwell said later of his on-field words with Bradley. "We're passionate people, we both want to win, we both want the best for the team. We were just sort of spurring each other on, getting each other going."

Perhaps.

Or you can add the exchange to the recent dysfunctional behaviour that includes a cloud over the future of star Jermain Defoe, Maple Leaf Sports & Entertainment CEO Tim Leiweke taking a swipe at his own players, GM Tim Bezbatchenko issuing a challenge to the team and then firing manager Ryan Nelsen and five assistant coaches.

THE CANADIAN PRESS

On Sunday

Toronto FC	Chivas USA
3	0

- The win moved Toronto to 37 points, three out of the playoff picture in seventh spot with a game in hand on the teams above them.
- Fourth-place New York (41 points) and fifth-place Columbus (40) both won Saturday while sixth-place Philadelphia (38 points) tied. The top five in each conference make the post-season.

No way, Jose? 'It's not looking too great'

Blue Jays shortstop Jose Reyes and second baseman Ryan Goins talk with New York Yankees shortstop Derek Jeter on Sunday. Jeter will play his final game at Yankee Stadium before retirement on Thursday night, against the Baltimore Orioles. SETH WENIG/THE ASSOCIATED PRESS

When the Toronto Blue Jays headed home on Sunday evening after yet another loss at Yankee Stadium, they were 6-1/2 games out for the AL's second wild card with seven games to play.

"It's not looking too great," Jose Bautista said after the 5-2 defeat. "The stars are going to have to align for us if anything's going to happen."

Toronto has not played a post-season game since Joe Carter's World Series-winning home run off Mitch Williams 21 years ago, and that streak of futility is not likely to end this year. A 1-6 trip to Baltimore and New York pretty much ended the Blue Jays' already faint post-season hopes.

On Sunday

Yankees	Blue Jays
5	2

"Obviously, it's real disappointing," Drew Hutchison (10-13) said after his second loss on the trip.

Masahiro Tanaka made a triumphant return from an elbow injury that sidelined him for 2-1/2 months, and a rejuvenated Derek Jeter got yet another big hit on his final homestand. Toronto dropped to 3-20 at Yankee Stadium since September 2012.

"It's never an easy place to play," Blue Jays manager John Gibbons said.

THE ASSOCIATED PRESS

4 SPORTS

William Nylander eyes the puck during a scrimmage at the MasterCard Centre on Saturday. BERNARD WEIL/TORSTAR NEWS SERVICE

Nylander, Tallinder out to make an impression

Maple Leafs. Swedish players at different stage in careers but both eyeing roster spots

William Nylander's father may have had a 920-game NHL career, but that doesn't mean the Toronto Maple Leafs' first-round pick has any clue what to expect when he steps onto the ice for his first pre-season game.

"I have never played at the NHL level, so I have no idea," the 18-year-old Nylander said. "We'll see what happens."

Fellow Swede Henrik Tallinder is 35 and knows all about life in the NHL thanks to more than 10 years' experience. But just like Nylander, Tallinder has to prove something to be on the roster because he's in Leafs camp on a professional tryout.

With the Leafs set to play four pre-season games in the next three nights, beginning Monday against the Philadelphia Flyers in London, Ont., Nylander and Tallinder will get plenty of opportunity to show what they can do.

Tallinder was listed among nine defencemen who could get into Monday's pre-season opener. Nylander figures to play Tuesday back at Air Canada Centre against the Flyers so the coaching staff can get a gauge of how he stacks up against pros and on North American ice.

"Obviously he's got a skill-set, and we just want to see him continue to progress," assistant coach Peter Horachek said. "You're just trying some things out. You're looking at it, see how he reacts."

Tallinder figures to have the best chance of any player in camp on a tryout of making the Leafs. With a newfound appreciation for balance on the blue-line between three left-handed and three right-handed defencemen, Toronto could use an extra body behind captain Dion Phaneuf, Jake Gardiner and Morgan Rielly.

Coach Randy Carlyle said Tallinder has "lots of moxie" and could envision him playing some tough minutes alongside Roman Polak.

"I feel that that veteran presence can have that calming effect," Carlyle said. "We feel that in our research with Tallinder that there is a possibility that he could make our hockey club and play against some top lines."

In one rookie-camp game and the scrimmages, Nylander has shown some flashy passing. But he's not trying to do anything special in camp to make the team. "I think just play the way I've been playing the past year," he said. "That's why they drafted me. They know what kind of player I am."

THE CANADIAN PRESS

Tallinder likes his chances

Henrik Tallinder has spent the bulk of his career with the Buffalo Sabres, including last season, with three years in New Jersey mixed in.

Henrik Tallinder GETTY IMAGES

- He chose Toronto over other tryout options in part because of the opportunity he had to make the team.
- "Otherwise I wouldn't be here," he said. "I'm just going to try to do my best and see how far that's going to take me."

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Super Bowl rematch. Seahawks pushed to OT this time, still emerge victorious

Peyton Manning did all he could in the final minute of regulation to get the Denver Broncos to overtime.

Russell Wilson made certain he never saw the ball in the extra session and ensured the Super Bowl rematch went in favour of the defending champion Seahawks.

Marshawn Lynch scored on a six-yard TD run on the first possession of overtime and the Seahawks beat the Broncos 26-20 on Sunday in a showdown that lived up to expectations.

Seattle (2-1) blew a 17-3 fourth-quarter lead, watching Denver tie the game at 20 on Manning's 26-yard touchdown pass to Jacob Tamme with 18 seconds left in regulation and his two-point conversion pass to Demaryius Thomas.

But Manning never got the ball in overtime, thanks to Wilson. After nearly getting sacked for a safety and throwing an interception in the fourth quarter, Wilson was brilliant in overtime. He rushed for 21 yards and was 4-for-6 passing in overtime.

Wilson had just 19 yards rushing in regulation, then did whatever was needed in overtime. He twice scrambled on third downs after seeming reluctant to run earlier in the game. His seven-yard pass to Percy Harvin was the precursor to Lynch's TD run.

Wilson finished 24 of 34 for 258 yards and two touchdown passes, both late in the first half. Lynch had 88 yards rushing and also caught a five-yard TD pass.

Manning led the rally for Denver (2-1), helped by a number of Seahawks mistakes. Manning was 31 of 49 for 303 yards and two touchdowns, but also threw a costly fourth-quarter interception.

Denver appeared done after Kam Chancellor intercepted Manning at the Seattle 13 with 2:25 left, leading to Steven Hauschka's 28-yard field goal with 59 seconds remaining. But Manning pulled Denver even with stunning precision, going 80 yards in just 41 seconds and without any timeouts.

THE ASSOCIATED PRESS

metro AR Seahawks running back Marshawn Lynch dives over the Broncos' Aqib Talib and into the end zone for the game-winning touchdown in overtime on Sunday in Seattle. Scan the image with the Metro News app for more NFL results from Sunday. JEFF GROSS/GETTY IMAGES

In yo' face: Hamilton back atop F1 standings

Lewis Hamilton of Great Britain and Mercedes celebrates with Sebastian Vettel of Germany and Infiniti Red Bull Racing on the podium after winning the Singapore Formula One Grand Prix on Sunday. Hamilton won his seventh race of the season to move to 241 points, ahead of teammate Nico Rosberg's 238 with five races left. Vettel finished second Sunday to move 60 points off the championship lead at Marina Bay Street Circuit. MARK THOMPSON/GETTY IMAGES

Chelsea blues darker thanks to Lampard

Premier League. Newly acquired Man City midfielder ends former club's perfect 3-0-0 start

Chelsea's winning start to the Premier League was ended by a dramatic goal from one of its greatest ever players while Manchester United's all-star attack was undermined by its jittery defence in a 5-3 loss at Leicester on Sunday.

Frank Lampard struggled to contain his emotions after grabbing 10-man Manchester City's 85th-minute equalizer in a 1-1 draw against Chelsea, the team which released the former England midfielder this summer after his club-record 211 goals in 13 years at Stamford Bridge.

"It is a special and weird day," said Lampard, who was applauded before and after the game by Chelsea's travelling support.

Lampard was talking about his own experience but he could easily have been summing up an afternoon full of surprises in England's top division, which finished with Chelsea holding a three-point lead after five games.

Surprise home defeats by Tottenham and Everton were upstaged by an implosion from Manchester United, which conceded four goals in 20 minutes to lose a Premier League game for the first time after holding a two-goal lead.

Robin van Persie's header and Angel Di Maria's exquisite chip put United 2-0 ahead after 16 minutes. Ander Herrera regained the team's two-goal cushion at 3-1 in the 57th minute.

However, penalties by David Nugent and Leonardo Ulloa — the second after Tyler Blackett's sending-off — came on either side of goals by Esteban Cambiasso and Jamie Vardy as United's defence fell apart.

"How is it possible to give this game away?" said United manager Louis van Gaal, whose side has five points from five games despite a spending spree of $250 million over the summer.

THE ASSOCIATED PRESS

Manchester City's Frank Lampard salutes Chelsea supporters after Sunday's match at Etihad Stadium in Manchester. GETTY IMAGES

Around Europe on Sunday

- **Spain.** Lionel Messi shrugged off his penalty miss and another injury to Neymar (left ankle, not considered serious) by scoring one goal and setting up two more as Barcelona stayed on top of the Spanish league with a perfect record after four games.
- **Germany.** Ricardo Rodriguez scored two goals and set up another as Wolfsburg defeated 10-man Bayer Leverkusen 4-1 in the Bundesliga for its first win of the season.
- **Italy.** Alessandro Florenzi set up one goal and scored another as Roma pulled level with Juventus atop Serie A with a 2-0 win over Cagliari.
- **France.** Edinson Cavani continued his return to form while Zlatan Ibrahimovic went a third game without scoring as defending champion Paris Saint-Germain disappointed again, conceding a late equalizer in a 1-1 draw at home to Lyon to slip three points off the Ligue 1 lead.

Beyond the rivalry

Balotelli targeted by racists again

Liverpool police say they are investigating racist messages sent to Mario Balotelli on Twitter in reaction to the Liverpool striker's posts about Manchester United's 5-3 loss to Leicester in the Premier League.

Balotelli tweeted "Man Utd...LOL" as United — a fierce rival of Liverpool — let slip a 3-1 lead during the match on Sunday. It triggered a string of racist comments. THE ASSOCIATED PRESS

Fatal car crash

Bironas dies just minutes from home

Rob Bironas, who worked his way through odd jobs and the AFL before becoming one of the NFL's most accurate kickers, has died in a car crash. He was 36.

The former Tennessee Titans player died Saturday night when he lost control on a curve in his 2009 GMC Yukon Denali and crashed after 11 p.m. less than a mile from his home, Metro Nashville Police said.

THE ASSOCIATED PRESS

Leaving Li

"When I was making this decision I asked myself, 'If I retire, will I regret it?' My heart told me I wouldn't, because I've done my best."

Li Na at her retirement news conference on Sunday in Beijing. It didn't take long for the two-time Grand Slam champion to shed tears as she explained her decision to retire in the wake of a fourth knee operation.

Monday, September 22, 2014

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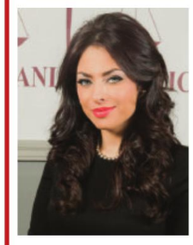

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If you believe from start that something will go wrong, you increase the chances of failure ten-fold. Whatever you are involved with this week, keep telling yourself that you know it is going to succeed.

♉ Taurus
April 21 - May 21
Be careful you don't offend people by making a joke about things they take very seriously. The world would be a better place if everyone could laugh at misfortune but it won't happen.

♊ Gemini
May 22 - June 21
Don't worry about money or problems because the Sun's change of signs tomorrow means you will soon have more enjoyable issues to focus on.

♋ Cancer
June 22 - July 23
You are torn between doing something you enjoy but which won't bring financial success, and doing something you don't enjoy that could be profitable. Be true to your instincts.

♌ Leo
July 24 - Aug. 23
You may fear losing something you are attached to but if it's got to go it's got to go and there is nothing you can do about it.

♍ Virgo
Aug. 24 - Sept. 23
Before starting anything new over the next few days remember your head will have to live with the consequences of what your heart decides.

♎ Libra
Sept. 24 - Oct. 23
Is it in your interests to follow a certain course of action? Your mind may be confused today but tomorrow, when the Sun moves into your birth sign, all will be clear, so leave it for now.

♏ Scorpio
Oct. 24 - Nov. 22
It doesn't matter how much you own or how much you earn. If you are happy with your lot, you don't need a lot. Bear that in mind over the next few days.

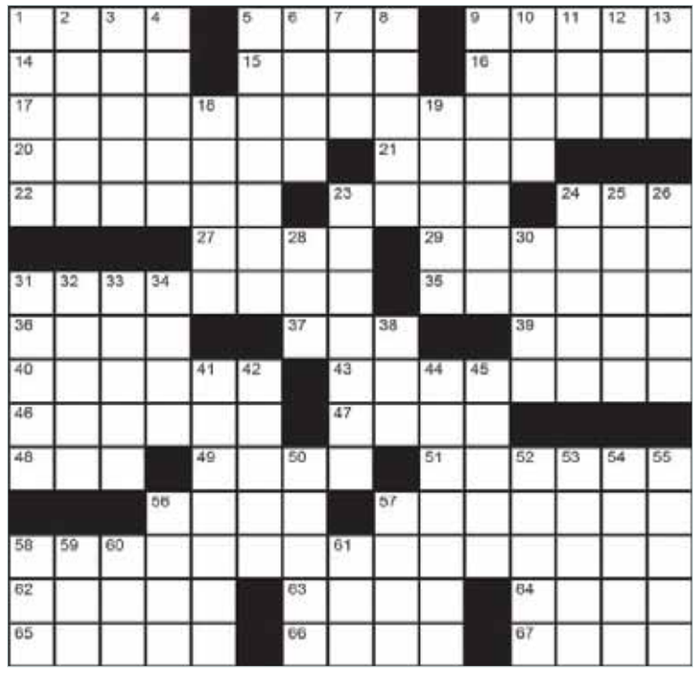
♐ Sagittarius
Nov. 23 - Dec. 21
A window of opportunity is about to close and if you don't take advantage of it right now it may be shut forever. There will be other opportunities but why waste this one when it seems tailor-made for you?

♑ Capricorn
Dec. 22 - Jan. 20
What happens over the next few days will have a big impact on your career. For that reason alone you must do the best work you possibly can.

♒ Aquarius
Jan. 21 - Feb. 19
A difficult time of year is drawing to a close and when the Sun moves in your favour tomorrow it will feel as if a load has been lifted from your back.

♓ Pisces
Feb. 20 - March 20
An issue you had forgotten about will return to annoy you today and this time you have got to deal with it effectively. Show people you can be firm.

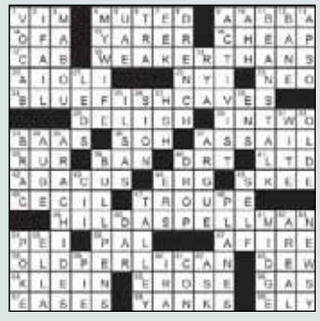
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Inactivity
5. Spring
9. Copper, for one
14. Wing-like
15. "__ la Douce" (1963)
16. Not late/Not on time either
17. At Ease! It's not compulsory in Canada: 2 wds.
20. __ Music Prize, Canadian album honour
21. Yes
22. Writing implement
23. Prefix to 'scope'
24. Initials-sharers of Eddie Cibrian's ex-wife
27. Mozart opera, __ Fan Tutte
29. Canada's capital
31. __-__ sweater
35. Remained
36. Scent, variantly
37. "Gangnam Style" guy
39. Bobby Brown song
40. Rocker's amp effect
43. Edmonton... Art Gallery of Alberta's current exhibition, __-Lautrec and La Vie Moderne: Paris 1880-1910
46. "Buffy the Vampire __"
47. English river
48. Iowa's capital, __ Moines
49. Shade's propper-upper
51. Cause and __
56. Conserve
57. Inventive individual
58. Michael J. Fox movie: 4 wds.
62. 2002 to 2005 TV series, "Sue Thomas: _-_-__"
63. __ of a lifetime
64. Extends
65. Celebrated
66. 'Kitchen' suffix
67. Taking-away-from-something's result

Down
1. Safety __ (Accessibility aids)
2. George __, Silas Marner author
3. Oscar-winner Ms. Field
4. Lawyer's time to shine
5. Corporate go-between
6. Goes astray
7. Ms. Grant of music
8. Not in
9. British Columbia city
10. Roof's overhang
11. Three
12. Vodka, e.g.
13. Caustic solution
18. Load transporter
19. Across-the-Pond moneys
23. Road trip break: 2 wds.
24. CCR's "Born on the __"
25. Ms. Stefani's
26. "Sexy __" by The Beatles
28. Lightly take a drink
30. Edible root
31. Appetizer, __ _'oeuvre
32. "Set Fire to the Rain" singer
33. Some stars
34. Squirrel's nest
38. Not me
41. Akin
42. Canadian channel
44. Payment for a service or facility: 2 wds.
45. 'The fire', in French: 2 wds.
50. Length unit
52. Lethal
53. Music piece
54. Casual pants, e.g.
55. Lock of hair
56. Canadian singer Ms. Sweetnam
57. Hibernia human
58. Dearest pal, texting-style
59. Homer's dad on "The Simpsons"
60. This, in Montreal
61. Very 'in' right now

Friday's Crossword

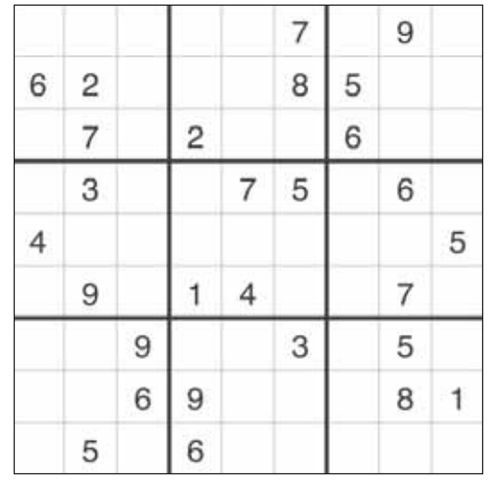


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

3	7	6	1	4	2	8	5	9
8	2	1	7	5	9	3	6	4
5	9	4	8	6	3	2	1	7
9	4	7	6	1	8	5	3	2
6	1	3	5	2	4	7	9	8
2	5	8	3	9	7	6	4	1
4	3	9	2	8	5	1	7	6
7	6	2	4	3	1	9	8	5
1	8	5	9	7	6	4	2	3

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